

### ABSTRACT OF THE DISCLOSURE

Systems and methods for providing an article associated with headgear that keeps the wearer's head both cool and cushioned from the interior harness of the headgear. The article is a system, liner or pad that is inserted into the headgear or coupled to the headgear harness for cooling and comfort, and includes a water absorbent polymer or other material contained within non-impervious pocket partitions attached to a concave disk of mesh fabric. The mesh fabric provides ventilation portions, which allow for the free flow of air and breathing of the wearer's scalp to facilitate the natural evaporation of perspiration. The article provides a cushion to the wearer's scalp from the abrasive effect of the webbing of the headgear harness. As the pocket partitions swell due to absorption of water by the polymer material, the pockets function as gel-like cushions or pads that protect the wearer's scalp. The article is held in place with small straps, Velcro® tabs, or other retention devices.

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